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Ways to Eat Well As You Get Older



Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

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National Council on Aging